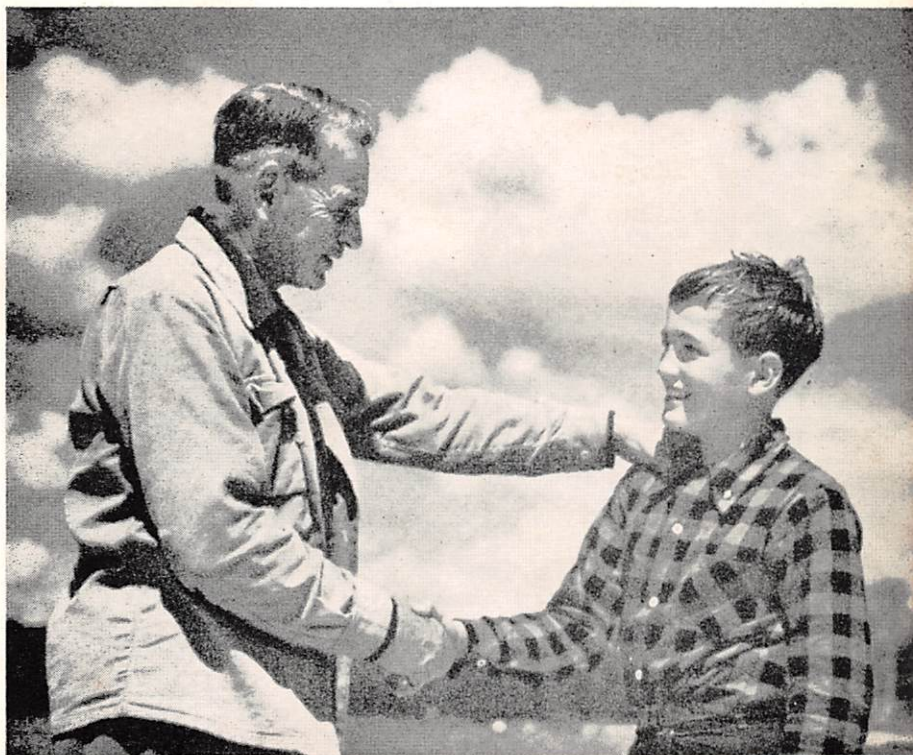


OFFICIAL PUBLICATION OF THE CANADIAN CAMPING ASSOCIATION

CANADIAN CAMPING

June 1962, TORONTO, CANADA



Manufacturers

of

the famous

Quickset

Quality

Food Products

for Camps

anywhere

in Canada

Jelly Powders

Pudding Powders

Pie Fillings

Cake Mixes

Table Syrup

Fruit Beverages

Hot Chocolate

Flavorings

Soup Bases

Marmalades

Jams

Instant Puddings

Fruit Pie Fillings

"RUB-A-DUB-DUB

3 MEN IN A TUB"

HUNGRY?

No -

They have their

CAMP-RITE

Economical ready-to-go food units,
packed in 4-man waterproof packages.
Just add water, cook and your meal is
ready.

**"Cookout" cooking the modern way
—breakfasts, lunches, dinners.**

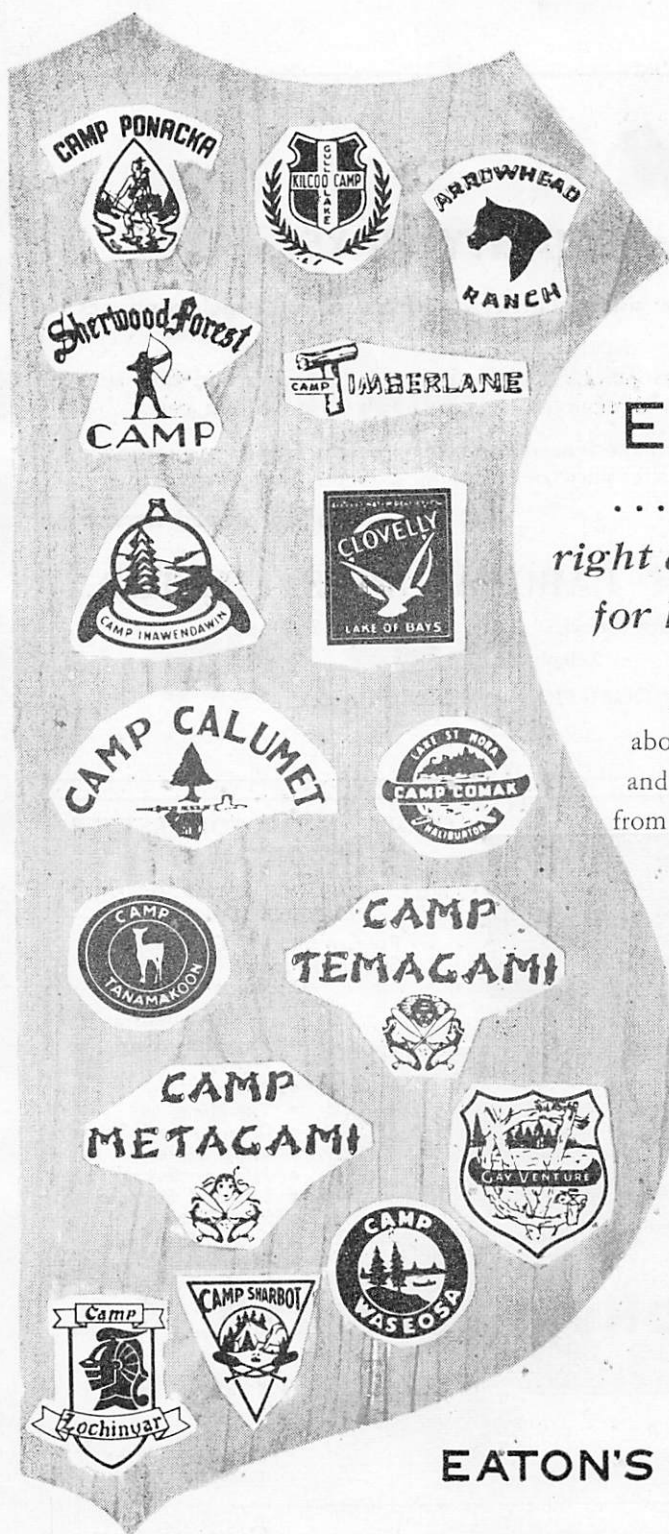
**"CAMP-RITE" Foods are on display at
your conventions.**

GIBBONS FOODS LTD.

49 ADVANCE ROAD

TELEPHONE BE. 2-1421

TORONTO 18, CANADA



EATON'S

*... with the
right accessories
for happy camping!*

Blue lake and rocky shore
abound with songs, laughter,
and campers garbed in outfits
from EATON'S Camp Centres.

You'll find T-shirts and
sweatshirts bearing camp
crests; regulation outfits
of at least 14 well-known
camps; trained staff
members to help supply
your campers' needs.

For information,
write, call in person,
or phone UN. 1-5111.

Boys' Camp Centre
Main Store—Second Floor
Girls' Camp Centre
Main Store—Third Floor

EATON'S OF CANADA

Foodcraft

Extra QUALITY PAYS . . .

and that is verified by the confidence of our customers, which continues year after year.

Foodcraft specialized foods offer many unique advantages and they sum up to what you want—distinctive quality meals at minimum cost.

Personnel thoroughly experienced in camp procedure, is at your service day or night—just write, wire, or telephone collect. Immediate delivery.

● Specialized Foods

● Specialized Service

FOODCRAFT LABORATORIES LIMITED

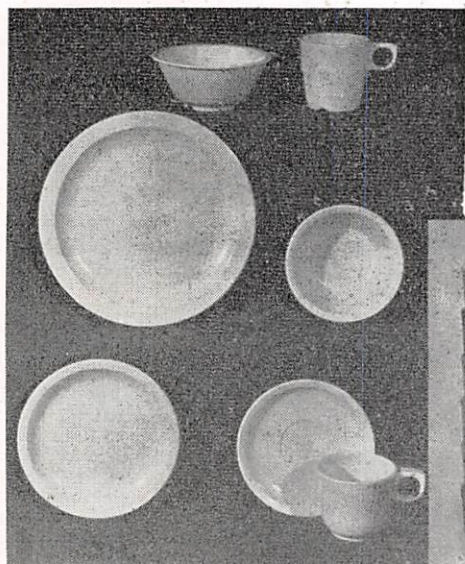
58-60 Duchess Street,

Toronto 2, Ontario

Telephone: 368-8088

DISTRIBUTION ACROSS CANADA

Member - Canadian Camping Association



OUR "VANGUARD" STYLE
With Draining and Stacking Features

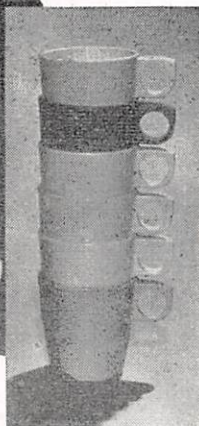
ORDER NOW FOR BETTER ASSORTMENT

WILL HOLD FOR CAMP OPENING LIMITED SUPPLY

Pre-Camptime Offer of
Substandards at Generous
Discounts

Items not Illustrated:

- Vegetable Bowl
 - Platter
 - Pitcher
 - Tumbler
 - Creamer and Sugar
 - Salad Servers
 - Jam or Sugar Pot
 - Salt and Peppers
 - Soup Plate
 - Butter Dish and Cover
 - Gravy Boat
- Colours: Yellow,
Green, Coral, Blue



by Maplex

375 Danforth Road,
Scarborough, Ont.
(Phone OX. 1-2179)

Prevent Septic Tank Trouble

Treat your Septic Tank System NOW and be sure of a clean, efficient, fully operating Septic Tank and drainfield when your units are in full use.

"SEPTO-BAC"

(POSITIVELY GUARANTEED)

OVERCOME AND AVOID TROUBLE. You can be sure of an efficient, fully-operating septic system when you use new SEPTO-BAC. Cuts grease and soap curds, cleans drain tile, improves seepage. SEPTO-BAC IS NOT YEAST . . . it is concentrated Protelytic Enzymes that give new life to sluggish or blocked septic systems and cesspools. The most efficient known septic re-vitalizer, yet costs far less than any substitute. Insist on SEPTO-BAC—It's new.

- Cleans
- Cuts Grease and Soap Curds
- Revitalizes
- No Yeast

SAFE ● SIMPLE ● SURE

**MADE BY THE ORIGINATORS OF THE FAMOUS MISTO-VAN
FOR OUTSIDE TOILETS**

For further information write to

TILLEY'S LIMITED - 430 College St., Toronto
INDUSTRIAL SANITATION DIVISION

meals around the clock



FOOD SERVICE PROGRAMS

QUAKER PRODUCTS	SUGGESTED USES	AVAILABLE SERVICE HELPS
Aunt Jemima Mixes	Pancakes, Blintzes, Waffles	Basic Batter Manual
Batter Mix	Fish and Meat Items	Recipes
Cookie Mix	Oatmeal Cookies, Date Squares	Instruction Folder
Bulk Cake Mixes	Cup or Sheet Cakes	Baking Mixes Manual
Rolled Oats, Wheatlets	Hot Cereals, Meat Loaf, Poultry Dressing	Hot Cereal Manual
Corn Flakes, Puffed Rice, Puffed Wheat, Muffets	Breakfast and Snacks	Cold Cereal Manual
Pastry Flours	Pies, Tarts, Cakes	Baking Manual
Hard Wheat Flours	Rolls or Bread	Baking Manual
Cornmeal	Johnny Cake or Porridge	Menu Planners
Cooking Bran	Muffins	Quantity Recipes
Pot Barley	Soups	Quantity Recipes

Just write or phone the Quaker Sales Office in your district for further details covering service through Local Jobbers, and available Service Helps, or to:

FOOD SERVICE DEPARTMENT
THE QUAKER OATS COMPANY OF CANADA LIMITED, PETERBOROUGH, ONTARIO
Suppliers to the Food Service Field

ASK THE MAN WHO KNOWS...

HOW TO KEEP YOUR CAMP CLEAN AND SANITARY

he'll suggest these
proven products

- McKemco Special Laundry Compounds
- McKemco H.X.M. Cleaner
Special Compound No. 15
- McKemco Laundry Soap Powder
- McKemco Wool Foam
- McKemco Paradichlorobenzene Crystals
for Mothproofing
- McKemco Machine Dish-washing
Compounds
- McKemco Hand Dish-washing
Compounds
- McKemco Glass Washing Compounds
- McKemco Sanitizing Agents
- McKemco Pots and Pans Cleaners
- McKemco Insecticides
- McKemco Washroom Supplies
- Whitato Anti-Oxidant to keep
Peeled Potatoes White
- Bionetic-Septic Tank Activator
& Grease Trap Cleaner



Your McKemco man's complete line of washing and cleaning products will help you maintain maximum camp sanitation. Write for product literature.

ASK THE McKEMCO MAN



McKAGUE

CHEMICAL COMPANY LIMITED

20 Years of Service to Canadian Industry
1119A YONGE STREET, TORONTO
and McKAGUE CHEMICALS (EASTERN) LTD.
421 COURTEMACHE AVENUE, MONTREAL EAST, QUEBEC



5915R

CAMPERS

FROM 8 TO 80

IT'S FOR YOU!
THE MOST PERFECT BEGINNERS
KIT EVER OFFERED!

GET YEARS of SPARE-TIME PLEASURE



KIT INCLUDES

8 tools; 9 popular
precut leather projects
(billfold, wallet,
etc.); lacing; leather
finish; easy instructions;
FREE six month
subscription to "The
Leather Craftsman."

WHEN YOU BUY A
**MODERN
LEATHERCRAFT
KIT \$14.95**

Earn money enjoying "spare time" . . .
with leathercraft! Expert methods, instructions
help you *learn* while making items
that sell. Carl T. of Cincinnati earns \$400
a year "extra". You can too, order your
Modern Leathercraft Kit today!

Write for **FREE 64** page catalog

TANDY CLARKE & CLARKE

P.O. BOX 340-F

BARRIE, ONTARIO

No matter whether your campers
bicycle, canoe, hike or ride horseback,
you must have the best in Camping
Insurance. And there's only one BEST
— sold by the pioneers in this essential
coverage.



Our policies cover

- POLIO AND DREAD DISEASES
- MEDICAL REIMBURSEMENT
- EPIDEMIC
- ACCIDENTAL DEATH
- DISMEMBERMENT
- TUITION REFUND

**Best in
Coverage**

**Best in
Service**

THE SIGN OF GOOD SERVICE



VERMONT ACCIDENT INSURANCE

Rutland, Vermont, U.S.A.

Member American Camping Association

CANADIAN CAMPING

Vol. 13

JUNE, 1962

No. 4

TABLE OF CONTENTS

Why I Direct a Camp.....	Bruno Morawetz	140
Camp Woodlands (Part 2).....	C. H. Irwin	142
The Changing Health Picture.....	J. H. Ebbs	144
Canoe Strokes—A Definition.....	Kirk Wipper	146
A Typical Day.....	Barry Lowes	149
Council Ring Ceremonies and Fires.....	B. M. Taylor	158
Canadian Camping Convention 1963.....		162
Taylor Statten Memorial Fund.....		164
Look to the Stars.....	Catherine Van Wagner	167
Outdoor Education.....	Lorne Brown	171

Cover Cut—Courtesy Taylor Statten Camps

Other Cut—Camp Timberlane

CANADIAN CAMPING ASSOCIATION

2233 Belgrave Avenue, Montreal 28, Quebec

HU. 9-1541

Honorary President—Miss Mary Edgar

Past Presidents

Taylor Statten, Toronto
Dais L. Gass, Montreal
Anne I. Vail, Montreal
W. E. (Ted) Yard, Toronto
Irwin Haladner, Toronto
F. M. Van Wagner, Montreal

President

Kenneth H. Murray

Vice-Presidents

Mrs. Pat Broome, Vancouver
Rev. R. S. Harper, Winnipeg
Mrs. Alta R. Kahn, Montreal
Grant McKeen, Edmonton
Barry Lowes, Toronto
L. W. Collins, Halifax

Editorial Committee—

Barry Lowes, Margaret Govan, Katherine Anson, Kirk Wipper, W. E. Yard,
Eanswythe Flynn, Don Groff.

Executive Secretary

Miss Frances M. Kelly
2233 Belgrave Ave., Montreal

Secretary

Mr. A. Ross Seaman
4140 Jean Renou
Lachine, Que.

Treasurer

W. J. C. Hewctson, Montreal

Publisher, Canadian Camping

Fred Haiblen
170 Bloor Street West, Toronto
924-7117

Editor

Miss Joyce Bertram
238 St. Clements Ave.,
Toronto 12, Ont.

"CANADIAN CAMPING" IS PUBLISHED FOUR TIMES A YEAR BY THE CANADIAN CAMPING MAGAZINE CO. FOR THE CANADIAN CAMPING ASSOCIATION AT 170 BLOOR ST. WEST, TORONTO, ONTARIO. SUBSCRIPTION PRICES: MEMBERSHIP IN THE CANADIAN CAMPING ASSOCIATION INCLUDES CANADIAN CAMPING: TO NON-MEMBERS, 75 CENTS PER COPY, \$2.75 PER YEAR, \$8.00 FOR THREE YEARS. AUTHORIZED AS SECOND CLASS MAIL, POST OFFICE DEPARTMENT, OTTAWA, ONT.. AND FOR PAYMENT OF POSTAGE IN CASH.

Why I Direct A Camp

BRUNO MORAWETZ,
Camp Ponacka.

Between the editor's request for this contribution and my present writing Camp Ponacka held its 15th Annual Reunion. To mark the occasion we held an Anniversary Banquet and invited all former staff and campers. This contact with the past placed bygone events in a better perspective and provided me with many answers to the question "Why I am **Happy** to direct a camp", but not "Why I direct a camp".

The two questions are really quite distinct. I started a camp because I like the out of doors, I value the freshness and honesty of youth and I looked forward to many summers spent in that kind of environment. Once a camp is established, it starts to move the director. He realizes that January is the month for sending out folders and hence November the time for their preparation. The removal of each sheet on the calendar prompts him to do the next thing. In each of these activities there may be little awareness of why the camp is directed. I need not mention that financial obligations play their share in urging one on.

It would be easy to say that I direct a camp because I am a passionate believer in the virtues of group experience, the promotion of water safety, the teaching of camping skills, character building, etc. Of course I believe in these and I hope they will flourish, but it would be pretentious to give these as reasons for directing a camp.

I will therefore revert to the question "Why I am happy to direct a camp". I have always harboured the vague hope, often pierced with doubts, that some good will result from my activity. It pleased me to learn from my recent contact with former campers that this hope was not entirely unfounded. One former camper wrote: "I wish I could come to the Anniversary Banquet but I shall be writing my final term examinations at the Seminary, for on May 26th his Eminence Cardinal Leger will ordain me a Priest of Jesus Christ". After comparing the vocations of priests and camp directors, each in his own way "showing the love of God in our fraternal love for one another", he says, "This I learned from you, this I remember and this I try to practise to the best of my ability . . ."

Other campers used phrases like, "Fifteen years seems such a long time—especially when you get past twenty-five—yet I remember with fond memories the good times which we enjoyed . . . and which remain with every camper for his lifetime".

It would be unnecessary to prolong these references, but they do serve to explain why I am happy to direct a camp. The influence exerted on members of the staff is often more gratifying. They are at the stage of decision, the choice of a career and a mate for life. They are in search of concrete solutions to the riddles of life and of their own existence and these opportunities must not be overlooked.

If I were asked to point to man's most precious possession I would say without hesitation that it is the opportunity to live creatively. Man is made in God's image, but in what sense? In terms of goodness, power, wisdom he falls very short. But in as much as God is identified with the creative principle in the world, it is true to say that only man has the power to create. Few occupations afford a better opportunity of being creative than that of the camp director. He breathes the soul into the fragments which go to make up a camp. In this atmosphere the camp lives and moves and has its being. He does it through the selection of staff and his instructions to them. He does it through the example he and his family present. He "creates" the values according to which all things are measured at his camp. He animates the personal relationships which bind the community together. A camp is a little cosmos which springs into life suddenly in June and ends as abruptly at the end of August. If this universe is a living reality, its vibrations will be felt throughout the intervening months and even through generations to come.

Some of the creative activity is conscious and visible, much is unconscious and invisible. The unconscious part is sensed best by the outsider who "feels" a distinctive spirit permeating the whole enterprise. This is what the campers take with them but can not put into words.

The conscious and visible activities must also be there and are equally important and satisfying. No camp director can fail to take pride at the presentation of awards as the tangible expressions of challenges well met. He recollects the aimless thrashings of the

non-swimmer and shares the joy with the camper who now smoothly glides through the water. He knows that through his creative activity, seeds have been planted which will grow into satisfying activities in later life. Through the mastery of skills, confidence has been instilled in a timid ego which will provide courage in all other tasks of life. Through his creative leadership he hopes to have struck some spark in the minds and characters of his campers which may burst into a living witness of the values held up at camp.

If I were to stop directing our camp now I would look back with satisfaction that for two summers at least we operated a "Fall Camp". This involved taking some 25 boys after the departure of our regular campers. They were wards of the Children's Aid Society and members of an orphanage. I would recall the two underprivileged teenaged boys who were ready to leave school prematurely, but returned from camp with a new outlook and have now embarked on fruitful careers. I would reflect with satisfaction that somewhere in Canada there stands a monument of stone, long to outlast us all, commemorating not only the unknown soldier but the unsung civilian heroes, Ponacka's monument to the "Unknown Gentleman".

When at the intimation of death, we shall pass our life under review, the irritation with the slovenly dishwasher or the leaky tank will be forgotten. But there will remain the satisfaction that parts of oneself have become part of the stream of life and that creation is not an ended and sealed but a constantly renewed process. That is why I am happy to direct a camp.

—●

————— :: —————

Two little booklets worth noting have recently come to hand:
 When You Are In The Woods — by Fay Welch — issued by the State University College of Forestry, Syracuse.

Rigid Frames for Fir Plywood Structures—issued by the Plywood Manufacturers' Association of B.C., 550 Burrard St., Vancouver, B.C.

CAMP WOODLANDS

and How To Look After Them

C. H. IRWIN,
Camp Sherwood Forest.

In an introductory article in the April issue, forest protection was listed as the most important measure.

The three requisites of fire are fuel, heat and air, and by depriving it of any or all of these it may be controlled and extinguished. It is just the opposite process to human resuscitation which strives to introduce air to the lungs and warmth to the body, but in both cases, time is all important.

In the woods, combustible material is ever accumulating with the drying and decaying of vegetation which enriches and mulches the soil. The well kept network of trails and roads previously mentioned, provides areas free of such material where fire may be starved and combatted more easily and via which men and equipment may be shifted quickly. Of course, all areas used for camp or cooking fires should be cleared to the mineral soil for a radius of five feet or more and combustible material should not be left where the prevailing wind would carry embers.

If a fire occurs before or after the regular camping season, such as today, Easter Saturday, one must rely for detection and suppression on maintenance staff (if it has not requested the week end off), local residents, municipal officials or forest rangers, depending on the local set up. It is well to have discussed the situation with them so that one may know what to expect should a fire occur. If one spots a fire and has any doubt of his ability to extinguish it, he should reach the nearest telephone as fast as he can. Much

better to have more men and equipment arrive on the scene than necessary, than to have the fire get away. Just consider the cost of bringing the extra men and equipment as a form of insurance premium. However, as soon as help has been called, get busy. Don't stand back awaiting help that may be delayed. A case comes to mind of a couple of dozen people idly watching a fire spread over more than an acre of rather open brush while awaiting a fire pump. When it arrived it had not enough hose to reach from the water supply, but in the meantime two men brought the fire under control by beating with wet car rugs.

With this very dry spring in mind and news of many grass fires, we have just taken the time to see that our own equipment is ready for action—shovels, axes, rakes, pails, pack pump and light weight gasoline forestry pump, hose, suction hose and strainer. Started up the engine to make sure it would function and set aside gas and oil. It may have been well that we did so too, because looking out of my front window while writing this, I spotted a fisherman almost to his waist in the water of the river mouth and behind him on the shore a dandy flaming fire. True, it was on the sand a few feet from the woods, but the first high wind of the season was breaking up the ice on the lake and fairly lifting the flames toward the dry leaf slope of the neighboring property. We have put out two fires on that slope in previous years.

There are some specialized tools and pieces of equipment in addition to those mentioned but they are found at forest ranger headquarters or a large municipal shed. An adjustable fog nozzle for a fire pump is much more effective in wetting down a wide area than the standard nozzle, provided one can approach close to the fire.

When possible, a frontal attack is most effective. Flames may be subdued with water and if there is no heavy fuel, the fire put out. Back pack pumps are much more effective and economical of water than buckets—often they can put a small fire out before a power pump is set up to deliver water. Earth or sand, if available, can be used to smother stubborn spots and the trench dug up to obtain it makes a fire line. Smouldering stumps, logs and roots should be kept suppressed until they can be properly dealt with. In rocky regions smouldering fragments may be dislodged and thrown back, but water is the main weapon. Spring toothed rakes are handy to clear a fire break in leaves or light trash. In heavy duff or dry muskeg, fire may smoulder for ages and must be watched for a long time until every spot is dead out.

If not possible to meet the fire head on, a flanking attack can be very effective in veering the fire to where less damage may be done or by attacking on both flanks, it may be pinched off.

Take advantage of topography and if possible, try to avoid fighting fire on up grades where it creates its own draft and moves faster, often sending burning brands to start fires behind the fire fighters.

During the camp season, the picture is different. Unless the property is very large there should be less chance of a bush fire getting away without being discovered. At such time all camp water pipes and storage tanks are filled. At frequent intervals along these pipes should be hose taps and at

least 100 foot lengths of hose available for attachment thereto. Equipment must be kept safe from tampering and yet within easy reach of quite a number of staff members who know how to use it.

In times of low humidity and high fire hazard, smoking by anyone while travelling in the woods should be prohibited. It may be well to organize night patrols of counsellors and staff—two man teams on two hour shifts have been found to work well here with a definite route to cover, stressing such areas as highways, roads and trails, shore and borders of adjoining properties. Over a period of years, four incipient fires have been found by these patrols, all caused by careless smokers along highway or road but one started by a camp picnic group in a rocky place where an old root had not been extinguished by the water poured over it and it had smouldered up a grade between the rocks.

There should be a plan of action known to all. A signal should bring all campers to a pre-arranged safe area where staff personnel have been detailed to supervise them. The remainder of the staff should have definite duties to carry out under the one appointed to take charge.

There are usually enough staff members to act as fire fighting crew. If in any doubt, call for outside aid. In the excitement and turmoil that generally goes with an emergency, the fire fighters might be greatly hampered if campers were allowed to get in on the act, strongly tempted as they would be to do so, and with the best intentions. There might be a situation where older campers could lend a helping hand on such jobs as bucket brigade or in proving the truth of the adage about throwing a "wet blanket" on a project. A group with wet blankets working along the flank of a fire can do wonders. Under certain conditions with light tinder and strong wind, more may be

turn to page 160

THE CHANGING HEALTH PICTURE

*J. H. EBBS, M.D.,
Taylor Statten Camps*

A Summer Camp is a healthy experience, generally speaking, but there are calculated risks, no matter where a group of energetic children is assembled. Small scrapes, splinters, insect bites, sprains, and an occasional more serious injury can be expected. In a study done a few years ago, we found that 71% of such minor injuries occurred in the month of July, and only 29% in the month of August, suggesting that the campers were perhaps better acclimatised as the summer wore on. Another finding, which was not unexpected, was that twice as many minor accidents and injuries occurred in younger girls, as compared with older girls, and a staff member suffered only half as many.

The tabulation of infections of all kinds from simple skin infections to colds and fevers, again showed that twice as many occurred in July as in August, although this is by no means always true. The incidence of infections in younger campers was twice as great as in older campers and staff members. This would indicate that the younger child perhaps has less immunity, less stamina, or perhaps is more susceptible to fatigue.

The prevention of accidents of all types is a major concern in every camp. The inspection of the camp by the Director and Doctor, staff training, and conditioning programmes will help to eliminate hazards and increase stamina.

The common sense practices during tripping are the responsibility of the staff. The hazards of unknown water

for swimming are well known to trained camp leaders. The crossing of water in storms is partly common sense and partly experience. Lightning is a definite hazard both on the water and in exposed areas on land.

Foresight is often necessary in order that emergencies can be satisfactorily dealt with. An inspection of the camp site, particularly the waterfront and swimming areas should include the working out of a plan of procedure to be followed in the event that resuscitation procedures will have to be followed. A recent report in the *Journal of the American Medical Association* recounts the experience of a doctor who was called to a beach to administer to a child who had been submerged in the water. Upon arrival, he found a trained first-aidier giving satisfactory mouth-to-nose resuscitation. On examination the child's heart could not be detected. The doctor immediately started external cardiac massage, while the first-aidier continued with mouth-to-nose resuscitation. An ambulance was called. However, the ambulance could not get closer than fifty yards to the beach. It was necessary to improvise a stretcher, and after careful instruction the mouth-to-nose resuscitation and external cardiac massage were continued without interruption, while the victim was transported on the stretcher to the ambulance. During the trip to the hospital the same procedure continued uninterrupted, and in the meantime the hospital was ready to receive the victim. An operation was performed, internal cardiac massage

was carried on by the doctor and a tube put through the larynx and resuscitation administered directly to the child.

Surveys of drowning accidents indicate that very few occur in properly supervised places of recreation such as camps. However, the increasing hazards due to water skiing, scuba diving, etc., demand that camp directors continually evaluate and establish safety practices when such water-activities are introduced. Before water skiing is made part of a camping programme, the hazards, cost, and need for strict supervision of operating practices should be considered. The same is true of under-water diving.

In recent years, the press has brought to the attention of camping people the fact that every summer a large number of persons receive bites or stings from wasps and other insects. Occasionally, in very sensitive individuals, they will cause a violent reaction and sometimes death. The camp doctor should give instructions regarding the handling of these cases which are emergencies. Persons who are known to be susceptible should be advised by the camp doctor and possibly carry medication with them. The same is true of those campers who are subject to severe attacks of asthma.

The health authorities have become increasingly concerned about the rise in the incidence of cancer of the lung, thought to be associated with the smoking of cigarettes. Physicians interested in children throughout North America have agreed to do everything possible to influence young people to avoid taking up the habit of cigarette smoking. Camps can play an important part in this campaign, since it is estimated that 25 to 40% of young people start to smoke during the camper age. Most camps have solved the problem by having a strict rule

that there will be no smoking by under-aged persons in their camp, even though the camper has permission from his parents.

Summer time is known to be the period in which a number of summer infections occur. Recently, medical research has identified a number of viruses and other organisms which contribute to the illnesses which occur during the summer months. Epidemics in camps and summer resorts of the condition commonly called "Pink Eye" occur from time to time. The persons affected usually have a mild sore throat, red infected eyes with some discharge. They suffer from headache, fever, sometimes nausea and vomiting, and complain of aching muscles. About one third of them also develop infections in their ears. Glands in the neck are usually found by the doctor. A virus, known as APC has been found to account for this condition, and is harboured in water. It comes from the nose and throat of affected persons, and is commonly called "swimming pool conjunctivitis." Studies conducted a few years ago in a large boys' camp traced the infection, and it is well known that water which is infected will produce the disease in a high percentage of those who swim in that particular area.

Summer infections are best controlled by making sure that drinking water has an adequate concentration of chlorine. Booster doses of Polio Vaccine should be emphasized before the campers reach camp. In the event that cases of "Pink-Eye" or other summer 'Flu' infections occur, such as diarrhoea, swimming should be decentralized in order that surface water will not be the source of continuing spread of infection.

From time to time we are faced with patients who have had a direct transfer of infection from animals, through
turn to page 160

CANOE STROKES

CANOEING STROKES — A Definition

At the recent Ontario Camping Conference a demonstration of the canoeing strokes included in the various canoe tests levels was given. This article is being offered to provide Instructors and Examiners a description of those strokes. This was not an easy task and the technical group under the leadership of Doug Lloyd is to be commended for the great amount of work that has gone into the preparation of this set of notes. At a later date, diagrams to accompany this definitive article will be made available. It may also be necessary to alter some of the material following some experience with its use. Your comments are invited.

KIRK A. W. WIPPER, Chairman.

NOTES

1. Definitions—

- a. **Standing**—canoe motionless at the beginning of the stroke.
- b. **Running** — canoe under way caused by paddling.
- c. **Bow** (as prefixed to name of a stroke of a bow-man)—executed on the same side as his regular stroke (i.e. on the left if he is paddling on left).
- d. **Cross-bow** (compare "bow" above) —executed on the side opposite to his regular stroke (i.e. on the right if he is paddling left).

2. **Style**—not considered as an element in itself except insofar as it might affect the competence of the performance, or the efficiency of the stroke. The committee was in agreement that some room should be left for the expression of individuality in style—a feature of the art of canoeing which distinguishes it from other recreational sports.

3. It is to be noted that with one or two possible exceptions, none of the strokes described involves an interchange of hands on the paddle. If the right hand is on the grip and the left on the shaft before the start of the stroke, the two hands are in the same relative position during the stroke.

4. It is assumed that all paddlers are in a kneeling position (both knees down) unless otherwise noted.

A. BASIC STROKES:

1. a plain stroke, with the purpose of moving the canoe forward. The paddle blade is at right angles to the canoe during the stroke. Pull back with the hand on shaft and press forward and downward with hand on grip. The recovery is accomplished by continuing to press forward and downward then backward with the grip hand while the hand on the shaft in a simultaneous action lifts the blade slightly and then swings forward the blade with surface parallel to water, until the start position is reached. The stroke is resumed by raising the grip hand while the hand on the shaft remains motionless.

Notes:

1. Both hands will be observed to travel in a circular motion.
2. Arms are slightly bent to avoid stiffness.
3. The paddle should not be allowed to revolve in the hands.
4. Care should be taken to make sure the same side of the blade is always being used as the pressure surface. This can be easily accomplished in the initial stages of

learning by a slight bending in of both wrists at the moment of re-entry of the blade after the recovery.

2. "J" Stroke:

A basic stroke for moving the canoe forward and maintaining its motion in a straight line. It is to be used when paddling alone, or as a stern stroke with another paddler in the bow. (It must not be used when paddling in the bow.)

The performance in most respects is the same as the "Bow" stroke, differing only at the completion of the "pull" motion. At the moment the recovery is started, both wrists are revolved forward, causing the blade of the paddle to turn to a position more or less parallel to the canoe, thus providing a momentary rudder action to steer the canoe. The recovery is then effected as before. As a canoeist becomes more expert, this ruddering action frequently blends with the recovery movement, with the blade gradually sliding forward out of the water as the paddle is being prepared for the next stroke. The steering in this case is accomplished by a slight upward pressure.

3. Bow Steering Strokes:

1. **Bow Cut**—paddle at 30° angle to the gunwale; hand on shaft may lock thumb over gunwale; it is important that both wrists bend in backwards sharply before starting stroke, causing the former "pulling" surface to be now the deflecting surface.

2. **Cross-bow cut** — paddle at 30° angle to gunwale, hand on shaft may lock thumb over gunwale; it may also slide up shaft somewhat for convenience. When paddling on left, right hand remains on grip while the left locks on gunwale. A one hand performance can be

accomplished by allowing the grip hand to slide half way up the shaft and grip sliding under the arm. It is not necessary then to hold the paddle with second hand. A thumb lock may be used as before if convenient.

3. **Bow Rudder**—paddle blade protrudes up to one foot in front of canoe, tight against the bow strip and with the remainder of the blade as close as possible to canvas of canoe, producing an angle of about 30° with a line projected from the bow. To put the blade into position, hold the grip end firmly and reverse the position of the hand on the shaft (with back of hand face down), then release the hand on the grip and twist the hand on the shaft (back of hand facing up) allowing the grip and upper portion of shaft to pass under the arm; then thrust the paddle forward into position described above. (Note: it is important that this stroke be executed between the strokes of the sternsman for effective results.)

4. **Cross-bow rudder** — position of paddle as in the preceding stroke but put into effect by lifting the paddle by the hand on the shaft and after leaning forward slightly allowing the blade to drop in front of the canoe in the angle described above. If this is done properly it is not necessary to keep the hand on the shaft; a light hold on the grip is sufficient. (Note: In both of these strokes the shaft of the paddle should form an angle of 30-45° with the water. If the angle is too large, the blade will slip under the canoe).

B. DRAW STROKES

NOTES

These strokes differ from the four previous bow strokes in that they

provide extra momentum. Therefore they should be considered as possible emergency strokes and not necessarily tied to the rhythm of paddling. They also require considerably more strength and skill; for these reasons they should be reserved for more advanced work. The similarity with the "cut" stroke should be noted.

5. Bow Draw

Type A—paddle in a raised position to start, at a 60° angle to water blade parallel to canoe. The wrist of the hand on shaft should be bent backward as far as possible (as in bow-cut)—the further the better. Insert paddle in water, draw in sharply with the hand on shaft keeping the hand on the grip comparatively steady to provide leverage. Recover the paddle by deflecting the paddle forward and out of the water, then raise paddle to starting position. The total stroke produces a circular motion.

Type B—starting as above but the recovery uses the plain bow stroke. Not as violent as "type A"—useful for holding canoe into wind, or making a gradual turn.

6. Cross bow draw

Paddle at start of stroke should form a 30-45° angle with gunwale and 45° angle with the water. The hand on the grip should be kept low to avoid awkwardness in balance. From the ordinary paddling stroke, swing the paddle into the described position by lowering the grip hand and guiding the paddle with the hand on shaft in a wide sweeping motion. As this stroke requires a sizeable reach beyond the gunwale the sweeping motion should be accompanied with a counter-balancing shift of the weight (hips) to the opposite side. The paddle is then plied in a circular

motion (as in Type A draw), drawing in, then recovering by an upward, outward motion. As in the draw the bulk of the power comes from the action of the hand on the shaft.

C. SPECIAL STROKES

Standing pry (compare pushaway)

Paddle is inserted at 45° to water (if singling this should be done by reaching as far beyond the centre thwart as practical). The bend in the canoe helps to hold paddle in position. Blade is flat against canoe. Holding the paddle with a hand on the grip only and using the gunwale as a fulcrum press down and causing canoe to move away from paddle in a pivoting motion. The stroke if short can be easily recovered; twist the wrist, turn the blade 90° to canoe, then slide paddle back to the gunwale, and by a further twist of wrist resume original position. It is not necessary to remove paddle from water. A number of short strokes are more effective than one large one.

Running pry:

Usually a small sweep precedes this stroke.

In the recovery of the paddle which is parallel to water push down with the hand on grip; the hand on the shaft slides up shaft. By the time paddle is in forward position, the momentum caused by swinging the paddle forward has brought the hand formerly on the shaft up to position. Since the paddle blade is flat to water during recovery, with the hand which is now at the grip, on the side of the grip curl the wrist forward so that the blade of paddle forms a 45° angle to canoe. The hand is in a raised position forming

turn to page 157

A TYPICAL DAY . . .

*From an address given at the 1962
Ontario Camping Association
Conference by BARRY LOWES,
Director, Camp Timberlane.*

For me, the ideal summer would be that of a Cabin Counsellor—the friends you will make, the memories you will share, the rich dividends in human relations that you will gain, will be drawn upon all your life. It is not a coincidence that so many of our outstanding men and women of today were camp counsellors yesterday. I must warn you that there is a magic about camping. It gets into your blood and once there, you cannot get it out. It will stay with you for life.

Everything said here will not apply directly to your particular camp and some of it will seem like old stuff to you. I will try to point out some of the important little extra things that make the difference between an excellent counsellor and one who just does an adequate job. No matter what kind of camp you work at, we all have one thing in common. We all work with children. These children all have the same basic needs. Therefore, basic things discussed will apply which can readily be adapted to your own particular camp and your own group.

The greatest single factor that will determine the happiness and success of a camper's summer is you, the counsellor. You are responsible for everything that happens to your campers twenty-four hours a day. The greatest asset in working successfully with children is the ability to remember what it felt like to be a certain age. In any situation, ask yourself, "How would I have felt at this age?". Secondly, your campers' behaviour will

be governed by your example more than by anything else, not what you tell them, but what you show them. You will be judged by your actions, not by your words.

Get Up

Set a good example from the first day. Be the first one up. Bounce out of bed. Be cheery. Don't lie in bed and keep yelling at the campers, "Up and at 'em, gang". Once your eyes are open, check the weather and dress accordingly. Too often I see counsellors coming to breakfast in jackets, gloves and scarves, while their campers come in T-shirts. Long pants and jackets to breakfast are safe bets on any day. If your campers have to cross a grassy field, it is wise to wear rubber boots, for a heavy dew can soak shoes better than a rain.

Check your campers for symptoms of illness. If your suspicions are aroused, be sure to take them to the nurse for the morning clinic. Make washing, brushing of teeth and hair combing a set routine. These are not questioned or discussed, you just assume naturally that everyone will do them. Morning dips under supervision can be fun for some. You had better check this policy with your camp director. Washing in the river or lake can be beautiful tradition for a cabin group. Go slowly and quietly, pausing for a moment at the water's edge to listen and watch. It is a beautiful way to begin any day.

When you start for breakfast, don't leave any stragglers behind. All go together. If the campers tend to pair off, then you should walk with the "loner", the camper who is left out. One counsellor should stay behind and routinely pull back the covers on each bed. From time to time you will find a wet bed that is being hidden by a camper. If you don't follow this routine, then only your nose will finally tell you after several days. If you find a wet bed, strip it immediately and take the wet linens to the laundry. Re-make it so that no one knows. There is no need for it to be public knowledge. Treat bed wetting matter-of-factly, as an accident that could happen to anyone. Beware of teasing and ridicule by the other campers. Here again, your attitude will set the tone. If the accident is repeated, start a program with the camper to limit his intake of liquids after supper, to lift him during the night and again early in the morning if necessary.

Meals

With hepatitis on the increase, it is vitally important that all campers wash their hands after toileting and before all meals. Check them, don't assume that they have all washed.

While the method of food service varies from camp to camp, certain general responsibilities will be the same. Always serve the campers first. A counsellor never heaps up his plate and then passes the remainder along to the campers. It is probably best if you serve the campers. This guarantees a fair share plus variety for everyone. Left to their own choice, most campers will eat meat and potatoes but few vegetables.

The manners of your campers will be determined by the tone that you set during the first few days of camp. Set your expectations high. As in all behaviour, you will generally get what they think you expect of them. They

will test you in manners as in all discipline. Don't nag, be firm but pleasant. At the outset, squelch grabbing, yelling, using hands, mixing all their food into one pile of mush or deliberately spilling things to gain attention. Some campers will bolt their food as though they feared losing it to some one else. They may have sound reasons and experiences at home to justify their behaviour. Make it clear that there will be enough for everyone and that no seconds will be served until everyone has finished their firsts anyway.

Discourage the campers who says "Ugh!", when some food comes on the table or who makes a face or some other distasteful comment. As a counsellor, you should never criticize the food by word, expression, or gesture. If you feel that some thing is wrong, tell the director later. He is the only one who can set this situation right.

Never chastise a camper in front of the others nor cause him to lose face. Sit the worst offender beside you where you can control him without disturbing the other campers. Never, never, never dock food. By "dock" I mean withhold food. Desserts are the favourite "boot-screw" of poor counsellors. Food is not a privilege, food is a right. If a camper is misbehaving to that extent, perhaps you should have him sit quietly and eat after the others have left. If you ever feel that it is necessary to withhold food, discuss it with the director first. Never threaten or force anyone to eat. Campers should be encouraged to try a little of everything but never forced. Often a well meaning counsellor will load up a small child's plate. This can overwhelm a child. It is better to serve smaller portions and have the camper ask for seconds. I can find no justification for withholding a camper's dessert because he does not finish all of the main course. A meal consists of several courses and he is entitled to all of them.

On the other hand, he should not be allowed to fill up on extra desserts. If you, as a counsellor, feel that a camper is not eating enough or the right things, consult the nurse. Children never deliberately starve themselves to death, although parents and young counsellors have been known to worry themselves almost to death. Beware of young girls on diets. They all want to look like Debbie Reynolds. Even the ninety pound ones want to diet. Dieting should only be permitted under the direction of her family doctor, her parents and the camp medical staff.

Do not permit campers to take any food from the dining hall, either for a sick camper or a tired counsellor. If there are any extra desserts, they must be shared equally and fairly, not kept for the counsellors alone. See that your campers salt their food for they lose a great deal of salt through perspiration in the summer which must be replaced.

If you have a new or shy camper, sit him beside you. The first few meals can be overwhelming for a new camper. If you sit him at the far end of the table, he may starve. Mealtime should be a time for fun and conversation that is interesting, light and on a high plane. However, when someone asks for quiet, keep your group quiet. So often I see counsellors at a table with their hands raised for quiet, but their tongues going a mile a minute.

Clean Up

Clean up can be drudgery or a simple necessity, depending upon you. Again, your attitude is all important. I suggest that you adopt the attitude of "Let's do it fast and well and get it over with". Try to establish pride in your cabin. If you play the role of Simon Legree, they will outlast you, I promise. Make a duty chart or wheel that has each person's name on it and the duties for each day of the week. Be sure that you add your name to it. It is a good idea to have one camper as

supervisor each day. This spreads the role of "dirty guy" around. Besides campers get a big kick out of being able to inspect your bed and shelves.

Clean up can afford young campers an ideal opportunity to help one another. You should move about helping them, joking, talking, making it fun. Sweeping is difficult for young campers. You may have to go back over it later. Beware of the young campers who strip their beds, throw the sheets, pillow and blankets on the floor and then walk all over them while they make their beds. It happens.

You must inspect campers' shelves regularly. Without thinking, young campers will stuff wet shorts, bathing suits or other damp clothing into the back of their shelves, trunks or laundry bags. If this happens, you will have a wonderful crop of mildew within a few days that can ruin clothing. You must also be on guard against the camper who has an accident in his pants and hides them in his laundry bag.

One day per week, Laundry day is often the best day, have a super clean up, that is, strip your beds, shake out and air your blankets. Take everything out of your shelves or your trunks and repack them. You will be amazed at what you will find.

Programme

Programme is everything that happens during any twenty-four hours not just at activity periods. If you are sensitive and imaginative, you will see activity possibilities that others miss. Camping is exciting; by its very nature it is filled with adventure; hiking, exploring, rafting, swimming, and sleeping out, but adventurous does not mean dangerous. Safety must be uppermost in your mind at all times. There are two extremes that should be avoided. One is the cotton-wool world that is over-protective. The other is the flagrantly dangerous that courts

injury. We have a saying at camp "If in doubt, don't do it". You must learn to anticipate hazards and thereby avoid them, such as glass, nails, metal, broken equipment, etc. These should be removed, repaired or reported. Things like knives are for campcraft, not for throwing. If they use them unwisely, they may have to lose the privilege of using them. Painful accidents can be avoided by always using a flashlight at night. Safety should be taught as an integral part of any activity. Teach basic first-aid to your campers. They are interested and learn readily.

Most youngsters seem to like to rough-house, but this should never be done inside the cabin, because it invariably ends in someone getting hurt and the rest saying "We're sorry". I hate the word "sorry". Instead of inside the cabin, take the group out on the beach and have a good rumble and let off that extra steam. In safety, as in all else, your example is most important.

During the first few days at camp, try to devise activities that will draw your cabin group together, such as a cabin project, a hike, a cook-out, some adventure that is shared. Make up a cabin name, song and yell. Your camp will have its own particular method of programming. I would like to mention briefly a few important extras.

Too often when choosing activities, democracy is considered to be majority rule. This is a common fallacy. True democracy is not a matter of the majority out voting the minority all summer.

When going to an activity, be on time. If you are late, it shortens the period and spoils the lesson. Help the instructor if you can with the instruction or at least help him to control the group. Remember that you should know your campers best. Join in the activities with your campers. Let your

hair down. Activities take on new zest for campers when you participate with them. Besides, you enjoy yourself also. Play with your campers at times other than your schedule periods, particularly at those free times before meals.

At the end of any activity period, you should ask yourself these questions. Was it fun? What did they learn? How could the activity have been improved? Where will it lead us or is it a dead-end activity? What happened of significance to the campers?

General Swim

Every camper will not want to go to every general swim. However, if it becomes habitual, look for a deeper reason why. If for some good reason a camper does not want to go to general swim, encourage him to pursue some other interest, certainly not lying on his bed with a comic book.

Know where your campers are at all times. Campers should be permitted to wander by themselves or in pairs within a defined area at times, but you should know generally where they are going to be. If you do not have lifeguard duty, take advantage of the opportunity to swim with your group. They will love it. Play games in the shallow area. Buddy-up with the "loner" or play with the non-swimmer in the first area. When the swim is over, be sure that they dry well, especially their heads, put on shoes and hurry back to the cabin to get out of clammy bathing suits. The period after general swim is a vulnerable time. When the group gets back to the cabin, if it is unsupervised, the underdog will be picked on, there will be towel flicking, water fights, teasing, raiding, fights, and roughhousing. These undesirable activities are most common at this time. Therefore, it is vitally important to be with your group.

Health

A camper who spends too long in the health center is going to have his

summer spoiled. Consequently, it is important that you do not ignore nor minimize small cuts or symptoms of illness. A little antiseptic and a band-aid today are far better than penicillin and hot compresses tomorrow. Campers are too busy to bother. You must remind and in fact, see that these things are looked after promptly. Do not send a camper to the nurse, take him yourself. If you don't, he will probably wander out of sight, lean against the tree, then come back later and say "The nurse says I'm fine".

Never diagnose and never treat, not even an Aspirin. I'm afraid that Ben Casey is going to spawn a number of embryo doctors this summer. If campers bring medicines to camp, they should be turned in promptly to the nurse. The medical staff is there because of their highly specialized skill and knowledge. Use them. If the nurse tells you to bring a camper back at a certain time or to see that something is done, follow her instructions carefully.

If the camper is confined to the medical center, find out the visiting hours and don't miss any opportunities to visit. That camper needs you. Try to bring a book, game, flower, anything of interest that will brighten his day. Most important of all is your cheerful presence. Perhaps his cabin mates could make a get-well card or write a group letter. They may even be permitted to talk through a screen window from a distance, if this will not disturb other patients. Once the camper is permitted to return to the group, you must see that there is a balance between rest and exercise for a few days. Follow the nurse's instructions. Campers will usually be too ambitious and want to overdo it.

Cleanliness

The most honorable camper will slip up when it comes to cleanliness. They are just too busy. Don't assume that

because you tell them to go and wash that it will be done. This is wishful thinking. Make going to the toilet, washing and brushing their teeth a routine. When the whole cabin group gathers at the lake or around the wash stand, it can become a lot of fun. Unobtrusively check them and make light of sending someone back to dig out that extra dirt. Joke along with them. A clean counsellor with good health habits begets clean campers. The familiar cry heard from campers is "we swim every day, who needs to wash". A hot soap bath, that is a shower or even a sponge bath with water heated over an open fire, should be taken at least three times a week, including the hair.



Clothing

You must see that your campers change their clothes regularly. This means girls too. They can be just as lazy when it comes to cleanliness. Underwear and socks should be changed daily. If your campers have enough clothing, it is a good idea to have them put everything into their laundry bags when they undress at night and put on clean clothes in the morning. There is no reason why a director should see Monday's mustard on Friday's shirt. Discourage the borrowing and lending of clothing, particularly bathing suits. Counsellors should never borrow from

campers, whether it is clothing, flashlights, or any other camp equipment.

Check to see that campers do not wear damp bathing suits or clothing all day. When left on, they can produce a rash or chill. As wonderful as the sun is, it can be a crippler if campers are over-exposed. See that your campers wear sun hats, especially when they are out in boats. Gradually increase their exposure to the sun, rather than have them suffer from sunburn. Insects are a part of camp life. Tender campers should be protected in the early evening and on muggy days from mosquitoes, by pulling their socks over their long pants and by wearing long-sleeved shirts that are done up at the wrists and neck.

Over-fatigue can be a big camp problem for programmes can be highly charged, if the activity is too intensive, too competitive, and unbalanced. Allow time for relaxation and leisurely activities that provide a change of pace.

Rest Hour

Rest hour means rest. The campers need it. This is the time to recharge their batteries. Rest hour must be well supervised. It works best when there is a counsellor in the cabin. Take advantage of the opportunity to rest yourself. Don't insist on absolute silence, only consideration for the others who might want to rest. Some may nap, others may write letters, read, play quiet games or tell stories. Rest hour does not mean swinging from the rafters, trampolining on beds, running errands, horseplay, etc. Perhaps on a hot day the group could sit or lie outside in the shade. Lying on his back, a straw between his teeth, gazing up through the pine trees at the white clouds scudding, can be a wonderful experience for any camper. Perhaps a guitar and some soft singing have their place. Rest hour need not be a

prison; with imagination it can be transformed into restful, memorable hours.

Letters

Your camp will probably have a policy concerning regular letter writing days for campers. "What shall I say?" you will be asked repeatedly. Help them to tell of their camp accomplishments, things they have done, friends made, and new experiences. While censorship of campers' mail is to be deplored, their writing can certainly be helped and guided. If you were a parent, what would you want to know?

Be sure that the address is clearly written, to ensure its delivery at the other end. If one of your campers does not receive mail for several days, discuss the matter with the director. If the situation is serious enough, it might even warrant you writing him a card from town on your day off.

Rain

Of one thing you can be certain, at some time during the summer, it is going to rain. Whether these days will be a bane or a boon will depend on how well prepared you are. Loneliness can creep in, or teasing, arguing, and fighting can result from being too closely confined for hours. As with everything else in camp, your attitude and example are all important. They set the tone, so be cheerful, bright and dress colourfully. If you ever feel the need to coast, do it on a sunny day. Rainy days demand and require your reserves of patience, cheerfulness, energy and resourcefulness. Treat rainy days as opportunities for a change of pace—have ideas and games up your sleeve that are used only on rainy days.

It never rains out of a blue sky. Be alert to changes in the weather; e.g. darkening skies, changing winds, a ring around the moon, etc., and take steps that will save you problems once rain comes. Make sure that your tent flaps or cabin shutters are fastened down.

Slacken the tent ropes slightly. Clear all clothes from your clothesline. They can be hung out again after the rain. Take in sleeping bags or blankets that are airing. Make sure your firewood is well covered. Finally, check the grounds around your cabin for anything the rain could hurt.

During the rain your first responsibility is to see that your campers are dressed properly in raincoats, hats and boots. If it is cold, wear a jacket or sweater also. Each year more and more wise counsellors are taking umbrellas to camp. At first the campers may scoff at you, but in a rain there are always some who sidle up to you and say "can I get under, too?".

Evening Programmes

I will not discuss activities for evening programmes—this is another large topic in itself. At all evening programmes, it is important that you be with your group and sit with them, not with other counsellors at the back. Keep your group under control and attentive if others are running the programme. Participate with them if this is called for. Towards the end of the evening, taper off the excitement. Try to end on a quieter mood. Don't let campers get over-tired or over-stimulated just before bedtime. End the day with taps or some other suitable ritual. It can be very beautiful, impressionable and memorable for your campers. Leave the evening programme in ample time to allow for snacks and preparation for bed without rushing and nagging.

Bedtime

Bedtime is the most important 45 minutes of the day. Don't be what I call a "pull-chain" counsellor, that is, one who hurries his campers into bed, pulls the light out and disappears. Don't short-change your campers during this most impressionable time of the day.

Our cabin always had a small cabin fire ready, covered with a ground sheet

and a small supply of firewood to one side, also covered. We didn't use it every evening but it was always ready when the time seemed opportune. There is something warm, intimate and magnetic about a small fire shared by a cabin group. We used to sit around it, reviewing the day and planning for tomorrow. Sometimes we would have a quiet song, or a snack, but often a snack can destroy the mood that you are trying to create. At the end of this 10 or 15 minutes we used to stand and put our arms around the shoulders of the person next to us and all look into the fire for a few moments of silence and meditation. We ended with a prayer that was our own cabin prayer. No one spoke or broke the silence until we were back inside the cabin.

Go to the wash house together as a group. Count heads, make a routine of this. Do not make the common mistake of having children brush their teeth, get into bed and then give them a candy or snack.

Check your boys, many of them will want to wear their underwear under their pajamas. This is not a healthy practice. Check the warmth of your campers. On cold nights, I would suggest that they put on a pair of clean socks, sweatshirt or sweater. By doubling the lower blanket in two and putting the top blanket singly over it to bind it in, you can create three thicknesses from two blankets. Discourage the nightly use of a sleeping bag for camp periods longer than 10 to 14 days. Most sleeping bags do not have a removable lining so that it becomes dirty and unhealthy from prolonged use. If a sleeping bag is used, it should be aired often in direct sunlight. Campers should not be permitted to sleep together. It is too crowded and it is also a psychologically vulnerable situation.

Prayers should be a natural part of going to bed. Unfortunately, many teenage counsellors are going through

a self-conscious period about prayers. This is unfortunate because, as in everything else, your attitude and practice will set the tone. It is best if you kneel and pray with them. If you cannot bring yourself to do this, at least set aside a quiet period with the lights out during which time each can pray in his own way. If some do not wish to pray, then they should just lie quietly and respect the rights of others.

Once the lights are out, take five minutes to go quietly from bed to bed. Sitting on the edge of their beds, speak to each camper briefly, quietly, confidentially and reassuringly. Talk about some highlight of particular significance to him that occurred during the day. Congratulate him on some deed or gesture that he might feel went unnoticed. If he was upset by something during the day, clarify it and reassure him. Leave a camper feeling secure, wanted, and warm inside by always ending on a pleasant note. Put their worlds together for them. This can be a lonely time of day for some. Five minutes spent wisely each night like this will pay greater dividends than anything else that you do as a counsellor. Don't miss the opportunity. I have used this successfully with every age group from 6 to 16.

Spiritual Values

I didn't discuss spiritual values under any particular part of the day because they are learned all day, all week, any time, not just at services. There are innumerable, impressionable, teachable moments that occur each day. The sensitive, alert counsellor will catch them.

Spiritual values are caught, not taught. Pause on the way back to the cabin to gaze at the sky, or stop and listen to the night sounds. Sometimes the silence can be deafening. A fledgling that has fallen from the nest, a delicate flower, the chance to cheat or

play fair, to lie or tell the truth, to steal, to help and so on and on these indelible moments that shape attitudes, habits and values arise before you and your campers. If you let them slip by, your campers will be just a little poorer because of it.

God seems to be just a little bit closer at camp. Sometimes He seems hard to find in our cities with the hectic pace, the complexities, the pressures, the gaudiness. Camp is stripped of these trappings. Our opportunities for imparting spiritual values are, therefore, greater.

A counsellor affects eternity, he never knows how far his influence will spread. The greatest single factor in determining the happiness and success of any summer is you, the counsellor. It is a tremendous responsibility that you take on. If it seems too great, do not become a camp counsellor. But if you have the courage, the vision, the ability to learn, then come on in, the water's fine. You won't be left to sink or swim. There are many hands ready to help you. Beware though, for camp is an infectious disease and, once you catch it, it will be in your blood for life.

Disraeli once said, "Youth is the guardian of posterity". Just think for a moment, the children who come to camp to-day will be running this country in the year 2000. Man has exploded into space. In just over 50 years we have come from the Wright brothers to Colonel Glenn. Who has an imagination wild enough to speculate on what the year 2000 will hold in store for these children? By helping children to meet each day's living on a full, rich and adequate basis, we can best prepare them to meet their later life.

It is a tremendous responsibility, but also a tremendous opportunity for all of us.

—●

from page 148

a 45° angle to water. The momentum of the canoe carries the canoe around.

This is primarily a "singling" stroke, although it could be used in the bow as an advanced form of the bow rudder.

Backwater:

Without changing the grip of either hand swing the paddle backward (reverse of recovery in bow stroke), insert paddle and draw forward. The same surface of the paddle should be used to draw as in the bow stroke if properly done.

Pushaway:

Insert paddle close to canoe at 90° angle to water with blade parallel to canoe and using gunwale as fulcrum pull down on grip, causing the canoe to move sideways away from paddle. Recover by twisting wrists so that blade is 90° to canoe, slide paddle in to canoe and resume original position. (Compare standing pry.)

Standing Draw:

Reaching outward with both arms, insert paddle and draw in with hand on shaft. Recover by lifting the paddle up and out. As in all the draw strokes, the hand on shaft pulls, while the hand on grip pushes. Draws canoe to paddle.

Feathering:

This is really a continuous draw stroke. Insert paddle as in draw stroke. Draw in. Instead of removing blade from water allow the wrist of the hand on shaft to bend first forward then backward, with an alternating sideways motion, taking care to maintain the drawing pressure. The similarity of this stroke to

a figure eight on its side is worth noting. More pressure on one side of the eight will cause the canoe to swing.

Reverse Feathering:

As in feathering, except that in place of the draw in pressure substitute a press out pressure.

Front sweep:

With the paddle held almost parallel to water, start stroke as far forward as possible and continue as far back as practical. Allowing the hand on shaft to slip slightly up the shaft, permits a wider and thus more effective sweep. The most useful part of the sweep is the first 120° of the circle; it is not advisable to carry paddle much further as it only makes recovery difficult.

Reverse sweep:

- a. As the above but all actions reversed. For better support, it is recommended to reverse the hold on shaft in such a way that the hand is below and behind shaft.
- b. with underwater recovery, at the end of stroke, twist the wrist on shaft, thus turning blade parallel to canoe. Slide the blade tight to canoe by raising the hand on grip and drawing back the hand on shaft. Let wrist of hand on shaft assume the first (reversed) position at the first forward motion of the next stroke.

Stern draw:

Action as in bow draw type B. The shaft should be straight up and down at end of stroke. The blade at least parallel to gunwale or forming an angle with the forward part of canoe (not the reverse. This is most important as before the stroke is made

turn to page 166

Council Ring Ceremonies and Fires

B. M. TAYLOR,
West Vancouver, B.C.

Campfires, Ceremonies and Dances have special significance in the Indian program of a camp. They should be infrequent enough to be looked forward to and back upon, as special occasions in the programme. The etiquette of the council should be thoroughly understood and followed. Rules and regulations are simple and consist merely of good manners. Do not degrade the ceremony with the use of pidgin-English as the Indian himself did not talk in this manner, and by doing so at camp a false impression is created in the minds of the campers. Applause is also out of place—the use of HOW! HOW! if satisfied and WAH! WAH! if not, will suffice.

The ceremonial council ring was regarded in much the same light as we regard the sanctity of the church. No boisterousness is allowed. The members of the tribe enter in single file behind the guide or leader. Silence on the part of the tribe is the custom. After the ceremony the tribe leaves silently and in single file. The council ring is never crossed. Only the firekeeper and those taking part in the ceremony are permitted in the ring.

Suggested Ceremony

The following ceremony as outlined is merely an example of the basic routines that may be used:

1. All braves, led by a guide, enter the ceremonial grounds in a clockwise direction to the steady beat of the drum. All remain standing. (Burning torches placed at strategic intervals provide light along the trail and in the council ring.)
2. Chief enters with two guides (Toe Heel Dance Step) and when seated bids others to be seated.
3. Fire Dance.
4. Headdress bearer brings headdress into the council ring and purifies it over the fire. He then places the headdress on the head of the kneeling chief.
5. Peace pipe bearer enters and presents pipe to Medicine Man.
6. Medicine Man approaches fire and lights pipe from the coals or burning stick.
7. The Medicine Man then proceeds with the PIPE CEREMONY:
 - (a) kneeling (puffs pipe) blows smoke over the ground and says "to MUCK - A - EENA mother earth. May she bring us food". (All spelling will be according to pronunciation).
 - (b) Standing (puffs pipe) blows smoke to the sky and says "To WAKONDA the Great Spirit. May he smile upon us at this our council fire".
 - (c) Approaches the four winds, puffs on the pipe and blows smoke in the direction of the wind. (Note: Medicine Man may do any of the dance steps to move from the one wind to another.)
North: "To O-K-GA the north wind. May he not come upon us with his cold and snow."
West: "To WA-TAY-GA the sunset wind. May he bring us the rains

that our crops may grow and we will have plenty."

South: "To WAZ-E-ATA the hot wind that he come not upon us with his great heat and dry up our lands and our water."

East: "To WAY-YO-HIN-YUN-PATA the sunrise wind. May it bring us the warm weather so that, with the help of the west wind, our crops will grow."

8. Pow-wow Dance: Each dancer leaps into the air and proceeds to dance to the beat of the drum, using whatever dance step he wishes.

9. Chief goes to Medicine Man and receives the magic potion saying, "Oh give me of thy magic potion that I may rule the tribe of Camp — — — with great wisdom and courage. (Returns to place).

10. Introduction of visitors.

11. Dance.

12. Awards.

13. Dance.

14. Story.

15. Closing ceremony — All chant the Omaha Tribal Prayer.

At the conclusion of the prayer the chief closes the council using Indian sign language and saying:

MAY THE GREAT SPIRIT — (right hand imitates smoke curling to the sky)

MAKE—(hands move as in kneading putty)

THE SUN RISE — (Chief touches left shoulder and then arches hand upwards and towards the members of the tribe, imitating the sun rising)

IN YOUR — (points to others present)

HEART — (Chief points to heart)
WITH THIS OUR COUNCIL —
(Large circle clockwise with right

hand designating all who are present)

IS ENDED — (Left hand parallel to the ground, right hand moves under.)

16. All file out.

The council fire may be lighted in several ways. The following will summarize various methods and materials used as published by numerous books and articles over the past years.

Fire by friction is the most authentic method that can be used at a council ring ceremony. A fire by friction kit may be obtained from the local Boy Scout Association.

The use of flint and steel is a little more difficult and should be used only when success can be guaranteed.

In addition to these "on the spot" fire lighting methods, a runner with a flaming torch or flaming arrow may be utilized. The first two ways will require a special skill on the part of members of the tribe. For the sake of drama and time saving it is well to have the fire well laid so that the application of a single spark or flame will cause the whole to blaze. Many a ceremony has gotten off to a bad start because the Great Spirit failed to smile upon the fire lighter.

Other ways, not authentic but effective, are the use of chemical fires: Mix equal parts of granulated sugar and potassium chlorate in a cardboard box, surround with inflammable material and build the log fire around it. Over the box is balanced a small bottle containing about one (1) tablespoon of concentrated Sulphuric acid. Extreme care should be exercised in handling this material. From the bottle runs a string which is controlled by someone within the council ring. At the proper time the string is pulled tripping the acid into the chemicals, starting the fire in a startling and mysterious manner.

turn to page 169

from page 143

accomplished by just laying the dripping blankets along the fire edge than by beating (but in this age of sleeping bags would we find enough blankets?). The liability of the camp, if a camper is injured while fighting fire, either voluntarily or if asked to do so, is something for the director to consider.

We refer those further interested to a pamphlet issued by the National Fire Protection Association (International)

GUMPERT HAS EVERYTHING

Trip Lites
Cream Desserts
Fruit Drinks
Griddle & Waffle Mix & Syrup
Spaghetti Sauce
Soups
Gelatine Desserts
Instant Mashed Potatoes
Brownie Mix
Cake Mix

FOR THE FINEST IN FOODS

GUMPERT

HAS EVERYTHING

S. GUMPERT CO. OF CANADA, LTD.
31 BROCK AVE., TORONTO LE. 1-5758

60 Batterymarch Street, Boston 10, Mass, entitled Community Equipment and Organization for Fighting Forest Grass and Brush Fires. NFPA No. 295M. Price \$1.00.

Corrections of April article, page 108.

Column 1, Paragraph 2, line 2 should read "to all parts of the area by trail".
Column 1, Paragraph 2, line 6 "cover" should read "nature".

Column 2, line 9 should read "choke out weed patches on abandoned farm clearing".

Last paragraph, 4th line from end "Cambian" should read "Cambium".

from page 145

unpasteurized milk, contaminated water, ticks from small animals, cat scratches, bird lice and bites from rabid skunks or other small animals.

There should be no attempt to cause fear or panic, since these diseases are rare, but they should be considered in planning camp health and safety programmes. In the event that a camper develops unusual fever of unknown origin, it is important to supply the doctor with a detailed history.

The following are suggestions about camp practices in relation to animal diseases:

- 1) Campers and staff should be instructed to have no contact with wild animals, other than by watching them or by the use of a

BOAT ACCESSORIES

for every type of Water Craft

A complete line of equipment for every marine need carried in our showrooms —

SAILS - HARDWARE - ROPE - CANVAS - PAINTS - VARNISHES
GLUES and COMPOUNDS, Etc.

TOM TAYLOR LIMITED

The Best in Quality and Service

81 Front Street East

EMpire 3-8761-2

Toronto, Ontario

camera. It is good camping practice to leave nature alone as much as possible.

- 2) Wild animals should not be captured and kept alive, either on land or in the water.
- 3) Birds, dead or alive, are best left alone, and birds nests should be sprayed by insecticide before being touched.
- 4) The skinning of animals should be done only after spraying and putting on gloves. Careful washing of the hands should follow.
- 5) Local authorities should be consulted through the camp doctor about the presence of animal or insect diseases in that district.

Finally, good health and safety practices in camping should include the repetition of the fundamentals of known methods of prevention. Staff and camper training should repeatedly be stressed. An awareness of potential hazards and a day-to-day practice of good healthy living should become a part of the daily pattern of living. The camp director should try to keep abreast of new developments in the health field through his own doctor. Much helpful literature can be obtained from the Department of Health, The Health League of Canada, The Department of Agriculture, and through such publications as "Today's Health" published by the American Medical Association. Studies are going on by research workers in this country and elsewhere and gradually our knowledge of the diseases which attack campers is increasing. It is hoped and expected that gradually methods will be found of preventing such diseases.

COMPLETE GENERAL HANDICRAFT SUPPLIES

FOR
SUMMER
CAMPS

A Specialty
for many years at



PLEASE COME IN AND SEE OUR
CAMP DISPLAY . . . IT WILL
INTEREST YOU!

EM. 3-5206

284 KING ST. WEST
TORONTO 2B, ONTARIO

BANFF, ALBERTA TO HOST

CANADIAN CAMPING ASSOCIATION CONFERENCE

JANUARY 23 - 26, 1963

At the annual meeting of the Canadian Camping Association in Montreal on March 22nd, Alberta's offer to host the next annual conference was accepted. It will be held in Banff at the Banff School of Fine Arts and Centre for Continuing Education from January 23rd to 26th, 1963. The annual Camp Director's Seminar of the Alberta Camping Association will form part of the Conference proceedings.

The Banff School offers a unique and stimulating combination of education and recreation, in a setting conducive to both. Located seventy-five miles west of Calgary, it is easily reached by car, bus or train. T.C.A. Air Lines schedule several daily flights from east and west to Calgary where transportation by C.P.R., Greyhound Bus Lines or Hertz Car Rental is available. Those wishing to travel by car from eastern Canada may do so on the Trans Canada Highway or by alternate routes through the northern United States.

The campus is beautifully situated on Tunnel Mountain, overlooking the town of Banff, the Bow River Valley and the Massive and Fairholme Mountain ranges. The School is only a few minutes walk from downtown Banff and within easy walking distance of many points of interest such as the Hot Sulphur Swimming Pools, the Luxton Museum, the Banff Parks Administration Building, etc.

The famous Mount Norquay Chair Lift and the Norquay ski slopes are but a half-hour's drive from the School. The Sulphur Mountain Gondola Lift is even closer and provides a breath-taking view of the entire Banff area. The Lake Louise Sedan Lift is the longest of its kind in the world and offers a panoramic view of Assiniboine to the south, Balfour to the west and beautiful Lake Louise in the foreground.

The School's facilities include a first-class dining room capable of catering to six hundred persons at a sitting, a Snack Bar, comfortable sleeping accommodation in well-appointed twin bedrooms, with or without bath, and spacious bright classrooms. A fireproof auditorium provides seating for six hundred persons. The Solarium and some of the larger classrooms and studios accommodate up to two hundred. Exhibitions of paintings and other items are always on display, adding to the beauty and attractiveness of the setting.

The on-campus chalets, with from twenty to thirty bedrooms each, have large picture windows offering an unexcelled view of the magnificent Bow Valley and attractive lounges with fireplaces, pianos, etc. Additional accommodation can be reserved by the School in downtown hotels, tourist cabins, and private homes as required. Twenty-five conference rooms and ten lounges are available for the Canadian Camping Association Conference.

For additional information write directly to the Conference Chairman, Mr. Jack Alexander, 407-42nd S.W., Calgary, Alberta.

RABIES

Rabies is still with us and poses an ever present hazard to our campers this summer. It would be wise to warn campers against handling ANY wild creatures this summer, whether they are alive or dead. This includes even mice, chipmunks, squirrels, rabbits—all animals.

Campers should be urged to report immediately any bite or scratch from any animal. They should also report any wild creatures that appear to be acting in any manner that might be called — not normal. Notify the local M.O.H. or the Department of Lands and Forests at once.

In addition to hospitalization there are usually medical expenses involved. These are not covered by the Ontario Hospital Insurance beyond the 24 hour emergency treatment prescribed under the Act. It is possible to buy an insurance plan from a private company to cover these medical expenses. Be sure to check the medical plan in your own province.

AN HISTORIC OCCASION

The evening of March 24th, 1962 was an historic evening, for at the closing banquet of the Ontario Camping Association's Annual Conference, the first Taylor Statten Memorial Lecture was delivered by Professor Charles Hendry, Director of the School of Social Work at the University of Toronto.

The Great Hall at Hart House was a perfect setting, with a warming fire burning that fenced with the shadows in the darkened room.

Mr. Joseph McCully, Warden of Hart House, representing the Taylor Statten Memorial Fund was host for the lecture. Dr. Roger Myers introduced the speaker brilliantly and humorously and Ron Perry thanked Professor Hendry in his own inimitable style.

Professor Hendry's lecture was entitled "TOWARDS A NEW UNDERSTANDING OF LEADERSHIP". He drew upon his experiences with the late Taylor Statten during the founding years of Camp Ahmek to illustrate his subject. The complete text of this lecture will be published by the Fund Committee and made available to Canadian Camping members early in the fall.

Mrs. Taylor Statten (Tonakela) was presented with an honorary life membership in the Ontario Camping Association, which was accepted in her absence by her daughter, Mrs. H. Ebbs.

It was an inspiring and memorable evening. The greatest tribute to Taylor Statten was obvious but unstated. It lay in the caliber of the four Ahmek alumni at the head table, Professor Hendry, Dr. Myers, Ron Perry and Joseph McCully.

The Taylor Statten Memorial Fund

J. ALEX EDMISON

The Taylor Statten Memorial Fund has been established at the University of Toronto through the contributions of 400 men and women living in many parts of Canada and the United States who have so far contributed over \$20,000.

The purpose of the Taylor Statten Memorial Fund is to encourage the discovery and training of talented young people for professional careers in youth-serving occupations. Three types of grants are contemplated. Initially these will be made to assist qualified and worthy students intending to prepare themselves for one of the human service professions. Particular consideration will be given where work with youth in such settings as community agencies, religious institutions, organized camps and related programmes, is involved.

As the Fund grows, two other types of grants will be possible: (1) Lectureships aimed at bringing to the University persons of outstanding achievement in the area of human growth and development and the youth services field, to give one or more public lectures and to serve as consultants to appropriate youth serving groups; and (2) Research grants to graduate students or to teaching staff when the research involved is concerned directly with problems of human growth and development.

All grants will be made without respect to race, religion or nationality of the recipient.

Since the first grant is being made in 1962, it is appropriate that tribute should be paid to Taylor Statten for whom this Fund constitutes in part a living memorial.

Taylor Statten, who died on 1st November 1956 in Algonquin Park, Ontario, had a career in youth work and camping possibly without parallel in Canada. Like his artist friend, Tom Thomson, he passed away at storied Canoe Lake.

Near him, in his Little Wapomeo Island cabin, was the large stone fireplace which Thomson had helped build so many years before. It bears this inscription:

"There let the Northwoods Spirit
Kindle Fires of Friendship."

The "fires" which Taylor Statten, or The Chief, as he was called by many thousands, himself kindled were many and varied. There were those of friendship, most certainly. There were also those of inspiration to youth, the full dramatic effect of which must await a future time for proper evaluation.

Taylor Statten, a native of Erindale, Ontario, became Boys' Work Secretary at Central YMCA in Toronto in 1905. His long "Y" career included postings as Provincial, and then Canadian, Boys' Work Secretary. In 1921 he was appointed Secretary to the National Boys' Work Board. In 1914 he originated and, with a group of other interested persons, set up the Canadian Standard Efficiency Training Programme for Tuxis Boys and Trail Rangers. He left his imprint on the careers of countless Canadians when these projects gained popularity throughout the country.

"Canada's Mr. Camper" was the fitting designation given Taylor Statten. He was responsible for at least fifty-two camps conducted by the YMCA, the first being at Lake Couchiching in 1905. In 1920, he conducted a leadership training course at Canoe Lake and there in the following year he inaugurated Camp Ahmek for boys. This private camp soon established standards of camping which attracted outstanding leaders, among them Ernest Thompson Seton, the naturalist, and Jack Miner, the bird-life expert. Ahmek's reputation became widespread. It continues now under the direction of Taylor Statten's sons, Dr. Taylor Statten Jr. of Montreal and Dr. Page Statten of Toronto.

In 1924 a girls' camp, Wapomeo, was also established on Canoe Lake by Mr. and Mrs. Taylor Statten, despite warnings that co-educational camping would surely ruin Ahmek. Both, however, prospered under skilled cooperative management with a programme controlled to the needs of various aged boys and girls. The camp alumni has now reached considerable proportions and the third generation of Statten campers has started to enrol. The family tradition has continued at Wapomeo, too, with the Statten daughter, Adele (Mrs. J. H. Ebbs), in an active directional role. Taylor Statten was the first President of the Canadian Camping Association and the only Canadian to be elected President of the American Camping Association. His international camping influence will live on also in distant India, where in 1938 he established Camp Tonakela, near Madras, for underprivileged children.

Whenever and wherever old friends and associates of Taylor Statten meet, they reminisce about his magnetism and inspirational qualities. The testimonials to his memory are many and warm and varied. Few speakers had such power over youth audiences. He had qualities of head and heart which were unforgettable. It would be difficult to estimate the number of young people he inspired to enter "Y" work, the ministry, the teaching profession, physical education, and other fields where leadership qualities are indispensable. What was his success secret? Many people could provide many answers. Most would probably make mention of his genuine interest in people, his gifts of understanding, his broad tolerance, his flair for friendship, and his intense love of Nature and all its attributes. His influences live on in many important quarters. It will continue in The Taylor Statten Memorial Fund . . .

"far down the Future's Broadening Way."



The general procedure regarding the fellowships is that applications should be forwarded to the Registrar of the University of Toronto, whose office will be available to give all preliminary information. The actual selection of the Taylor Statten Fellow for any given year will be made by the Taylor Statten Memorial Fund Committee. Lectures, such as the first Taylor Statten Memorial Lecture, will be arranged by the same Committee.

—●

from page 157

effective by the strength of the downward pressure of the hand on shaft, opposed to the outward push exerted by hand on grip.

Indian Stroke: (two varieties)

- a. As in "J" stroke—recovery effected by sliding the blade forward through the water, from the position at the end of "J". This is done by bending forward the wrist of the hand on shaft, then sliding blade forward starting position is gained by bending wrist sharply back. Paddle does not revolve in hands.
- b. As in "J" stroke but at the moment recovery begins, change the position of hand on grip to the other side of the grip, all the time holding the position firmly (no change) with hand on shaft. Recover paddle by sliding blade for-

ward through water as before but resume starting position by twisting forward wrist of hand on grip and allowing shaft to turn in the other hand. Paddle revolves.

Reverse "J"

All action as the normal "J" stroke but direction is reversed (not sitting position).

Figure of eight

Two joined circles, paddled in a continuous line, one with the paddle on the inside, the other on the outside. The inside circle to be accomplished by using one or more bow draws or strokes similar type and the outside circle by using one or more sweep stroke. Forward motion is to be maintained at all times. The paddle does not change sides during the performance of one figure of eight.

—●

Rencraft

Portage Equipment Specialists

We take pleasure in introducing a complete service in highly specialized portage and camp equipment.

Ask for details concerning lightweight canoes, tents and emergency shelters, specially designed portage packs, sleeping bags, cooking equipment, axes, compasses, hunting knives and general camping sundries.

-----CLIP AND MAIL-----

TO:

Rencraft Products Co.,
215 Victoria St., Suite 501, Toronto, Ont.

Send full information covering:

.....

Name:

Address:

LOOK TO THE STARS



CATHERINE VAN WAGNER,
Camp Nominigwe.



At camp is there anyone who does not look up to the stars on a clear evening? In summer they seem to shine with a warm and friendly twinkle as compared to the chilly glitter of a frosty winter night. Yet they are always remote and mysterious, and for that reason fascinating to young and old who seek a little more knowledge. Let us see to it that our campers experience the thrill of star gazing in the camp setting, sensing at the same time the peace and beauty of the earth's lakes, mountains and forests.

In summer, especially if we are on daylight saving time, darkness comes too late for younger children, unless they can sleep in next morning. In July, the Constellations do not show clearly until almost 9.30. If campers are ready for bed, in pyjamas, jackets and warm socks, they can be in bed soon after 10 o'clock. For the 12 year olds and up, this is not too late, occasionally.

Before dark is a good time for talking about the stars and planets, looking at charts to see the shape and position of a few constellations and stars. There will be lots of questions, many beyond the ken of the amateur guide, but a good Star Book, such as the Golden Nature Guides, will give a few facts and figures to answer: "How far? What is a light year? What makes Northern Lights? How do you know if it's a star or a planet?"

A telescope or binoculars add interest, but the naked eye can see far more stars than can be remembered in a few evenings.

Binoculars do give a spectacular view of the moon, showing plainly the darkened portion.

An open field, preferably on a hill, is an ideal place for seeing the stars, and lying on a blanket is comfortable, but not necessary for short sessions, if no one minds a slight "crick" in the neck! Using a flashlight in pointing out the constellations seems to help. A good start for beginners is finding the true North. The Great Bear or Dipper is large and plain to see, and following the "pointers", there is Polaris, the North Star! It is not very bright, but alone. Follow from Polaris the upward handle of the Little Dipper, or tail of the Small Bear—Vega, in Lyra, the



Oscar Pearson Enterprises
PLAYGROUND
AND
SWIMMING POOL

ACCESSORIES

For Summer Resorts, Camps
and Summer Cottages
SURF BOARDS AND SWIM AIDS
PYE TRANSHAILERS

Write for 1962 Catalogue
206 Sherbourne St. — EM. 3-3166



PAINTS
SOLIGNUM STAINS

A FULL LINE OF PROTECTIVE
COATINGS FOR YOUR CAMP

9 Sturgeon Rd. PLymouth
Scarborough 5-1171

SPECIALISTS

in
Camp Medical Supplies
and
First Aid Kits

A convenient **Special Pre-Written**
Order Form for requisitioning your
camp medical supplies is **FREE** on
request.

Write or Phone . . .



Ingram & Bell
LIMITED
TORONTO

Montreal - Winnipeg
Calgary - Vancouver

brightest star in the summer, is directly overhead, and below to the East is the Northern Cross or Swan, to the South is the triangle of *Acquila* the Eagle with its bright star, *Altair*.

In the South the planets *Saturn* and *Jupiter* shine with steady brilliance, and towards the south-west, *Antares* a red star in *Scorpius*, is near the horizon. In the west, *Arcturus*, at the base of the kite shaped constellation, *Boötes* the Herdsman, is very bright.

That is enough for one evening! The time goes all too quickly, but it is always good to end a program when campers are clamoring for more. The star gazers go quietly down the hill to bed, murmuring star names and quite probably dreaming of them later.

When clouds spoil a star evening, have an indoor project, such as making a large circular black chart with the constellations traced in small silver stars—the sticker kind. Star boxes are simple to make for younger campers—directions are found in *Nature* or *Star* books.

Legends of the stars from ancient peoples of other lands, as well as our own North American Indians, can be told around campfires. Away from camp, on the shores of remote peaceful lakes, with the wide canopy of sky and stars overhead, there should be a star-wise member of every canoe trip party.

The stars guided the earliest travelers by land, and navigators on the seas, and showed the way to flyers before the invention of intricate instruments. Now in this dawning of the age of space discovery, the stars and planets seem to have a more thrilling message. Let us help our campers to read what is written in the summer sky.

from page 159

A snake fire is made by laying a magnesium ribbon in a spiral or other pattern, ending at the fire. Lit from the outside, its effect is quite startling. Caution: be sure it enters the council ring at a place where no one will be burned. In the construction of all fires it is better to experiment once or twice rather than miscue at the critical time.

Coloured fires, although not authentic to the American Indian, may be utilized to add variety to the council fire programme. The following fires are suggested:

White Fire

Potassium Nitrate	60 parts
Sulphur Sublimate	20 parts
Antimony Nigrum	10 parts
Meal Powder	6 parts
Camphor Powder	4 parts

Method: Powder the camphor with the aid of a few drops of alcohol. The other ingredients must all be powdered separately and mixed together on a paper, not in a mortar. Any meal powder will do, but corn meal is the best. The addition of a little lycepedum will make the fire burn more uniformly.

Potassium Nitrate	16 oz.
Meal Powder	4 oz.
Sulphur Sublimate	8 oz.
(all finely powdered)	

Red Fire

Strontium Nitrate	40 oz.
Potassium Nitrate	12 oz.
Shellac (finely powdered).....	12 oz.

Method: Mix thoroughly on paper, not in a mortar. Be sure to have the shellac very finely powdered before mixing with other ingredients.

Blue Fire

Shellac pulverized	3 oz.
Alum Exsiccated	1½ oz.
Sulphur Sublimated	1½ oz.

Method: Must all be powdered separately first and then mixed together on a paper.

Green Fire

*Barium Nitrate	16 oz.
*Sulphur Sublimate	6 oz.
*—mix these two together)	
**Potassium Chlorate	4 oz.
**Lamp Black	1 oz.
(**—mix these two together)	

Then finally mix the mixtures on paper with a spatula, NOT in a mortar.

Yellow Fire

Simply add a little salt (sprinkled on the flames) until desired effect is obtained. Too much salt will extinguish the fire.

Chemical fires can add much to your pageant. However, you must realize that while it is fun to play with different coloured fires, it is also dangerous and there is no excuse for carelessness.

VIGIL OR NAMING CEREMONY

When a youth reached the age of manhood (13-15 years) he was sent out to prove himself by surviving in the woods without food or water for a certain length of time. He was given three marked arrows that were not to be used under any circumstances. During the vigil the brave was required to commune with nature and have a medicine dream. Upon the completion of the dream the brave would return to the tribe, telling the Medicine Man and the elders of his experience. From this he would receive his name and a medicine pouch or an eagle feather.

This same ceremony, with slight variation, can be used as part of the camp Indian Lore programme.

First of all the Vigil Ceremony must be considered as the highest honour attainable and is limited to Senior Campers and staff. A committee of three senior staff people is set up to screen all applicants who believe that they have reached the age of manhood.

Upon acceptance of the written application stating the reason why the youth wants to participate in the vigil the brave is taken, before supper, by the Director to a secluded area and



ATTN.: — DIRECTORS AND TRIP COUNSELLORS

Campers everywhere find
CHUCK WAGON FOODS

A — OK!

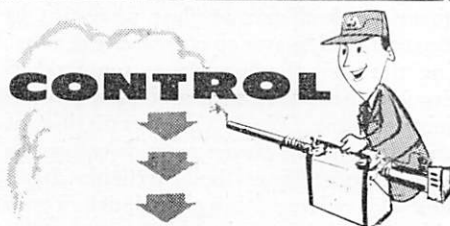
For week-end camping, Canoe programs, Back - packing, Mountain climbing, Cave exploring, Just plain "Over-nights"

Successfully used by many Camps as individual items or full prepackaged meals.

Write for Free Catalog

Bolton Farm (Canada) Ltd.

43 VICTORIA STREET
TORONTO 1, ONTARIO
EMpire 6-4810



ADULT MOSQUITOES and BLACK FLIES

INSTANTLY, with a

Dyna-Fog
GENERATOR

Enjoy outdoor activities
in the evening—**PEST FREE**



232 NORSEMAN ST., TORONTO 18, ONT.

write now for a free
demonstration

told in which general direction he must set up camp and spend the night. At this time he has a serious discussion with the Director concerning the Vigil and its significance to the applicant. This can be related to Christ's trip into the wilderness in preparation for thinking and communing with God. The applicant is given three marked matches and allowed to use one, the rest to be returned the next morning before breakfast. During the ceremony the brave is without food or water from noon until breakfast the next day.

Upon returning to camp the next morning the applicant relates his experience to the committee. Any personal decisions are kept secret or divulged to the committee, as the person so wishes. Many participants gain a new insight into themselves and for some it is the first introduction to quiet meditation and prayer.

The successful applicant, and it should be noted that simply because a person goes on a vigil does not necessarily mean that they will be accepted into the vigil order, is presented with a medicine pouch or eagle feather and given an Indian name related to his personality at the closing ceremonial. Criteria of a successful applicant should be in keeping with philosophy of the individual camp.

Great care should be taken in the administration and handling of this programme. It should not be attempted until an authentic Indian Lore programme has been established.

INDIAN NAMES

ONEYHA	Little Fox
TA-TO	Blue Moose
KAYASHI	The Rabbit
HE-HA	The Owl
CHASATONGA	Little Big Man
WAH-BIT	Keen Eyes
TAMAQUA	Beaver
UN-WA-SEE	Underwater
	Swimmer
HAUWENTA	He Who Combs

OUTDOOR EDUCATION

LORNE E. BROWN

*Associate Professor, Faculty of Education,
UBC. Chairman, President's Committee on
Outdoor Education, 'Camping and
Conservation.*

The University of British Columbia has in recent years been actively interested in Outdoor Education, especially as it pertains to a greater and more effective use of the natural resources of the province. This interest started when President N. A. M. MacKenzie and Dean Geoffrey Andrew, Deputy President, set up an inter-faculty committee to study ways that the university could give leadership in the broad area of Outdoor Education.

As a result, a professional major in Recreation was added to the B.P.E. programme offered by the School of Physical Education. At the same time the name of the school was changed to the School of Physical Education and Recreation. In addition to this, another inter-faculty committee is at present working on the problem of having students at the university make better use of the many and varied outdoor recreational resources of the province. British Columbia is especially bountiful in its natural resources suitable for the recreational pursuits of man. Within an hour's driving time from Greater Vancouver, where three-quarters of the population of the province resides, one can ski, mountain climb, fish, hike, sail, cruise, camp, garden, hunt, amidst all the beauties of nature.

A few statistics may be of interest at this point.

Fishing licenses issued in 1960 ...185,000
Hunting licenses issued in 1960...125,650

No. of ducks killed by hunters,
1959 390,200
No. of moose killed by hunters,
1959 12,200
No. of deer killed by hunters,
1959 61,400
Provincial Parks in B.C. 163 parks,
8,400,000 acres
Nature Houses (3 now located in
Provincial Parks)
1960 visitations—37,000 persons

There seems to be little doubt that the wise and constructive use of the many recreational resources of the province is necessary. It also seems logical that the university is a suitable place to start an educational programme which would have far-reaching effects, as many graduates leave to take up residence in various parts of B.C.

Another specific programme being carried on is that of Camp Leadership. There are approximately 100 organized summer camps in B.C. with an annual attendance of just over 25,000 persons. Although organizations operate camps for different reasons, there is the common basis of taking people away from their usual place of abode and having them live in a more natural setting, in groups, with an older person as a counsellor or leader. The camping movement has grown up like "Topsy" with

often not too much attention given to high standards of programme and leadership. The training of the persons who are placed in charge of young people on a 24-hour basis assumes rather important proportions, if lasting benefit is to come to those taking part. Therefore, through co-operative efforts, steps are now being taken to provide short conferences and workshops in the camp setting or on the university campus for camp staffs at all levels of responsibility.

Annual week-end conferences have been held the last three years, two on the university campus and one at the U.B.C. Forestry Camp at Loon Lake about 20 miles from Vancouver. These have been planned and organized by the President's Committee in co-operation with the B.C. Camping Association, the Community Programmes Branch of the Department of Education and the Department of Extension, U.B.C.

Attendance at the first two conferences was just under 100 persons each year, with directors, senior staff, counsellors and committee people taking part. The 1962 workshop, at present in the planning stages, expects to have about 200 camping people attend.

The planning committees for all three conferences have been composed of representatives from the Church camps, YMCA's, Jewish groups, Board of Parks and Recreation, members of the executive of the B.C. Camping Association, personnel from various

departments and faculties within the University, and the Director of the Community Programmes Branch. Financial assistance was obtained from the University and the Community Programmes Branch. For the two conferences held on campus, living accommodation and meals were provided at a nominal cost.

To date, the conference programmes have been a balance between the philosophical concepts of camping, importance of mature leadership, camp management and the acquisition of outdoor skills. The 1962 workshop is being planned to use the small group discussion technique, with keynote speakers, films and dramatizations being used to provide the material to spark off the discussions. This will be a new experiment for the committee and evaluation of it will not be possible until after the workshop. The general reaction of those attending each year has been very favorable. Many camp organizations use these conferences as a pre-requisite to their own in-service training. Most of them subsidize the people attending by paying part or all the registration fee.

The fact that requests are made to have the conferences continue each year, may indicate they are filling a need. One thing that seems to be significant is the fact that "camp" people from many varied and diversified groups are coming together and sharing ideas and experiences. This alone would seem to make the idea well worthwhile. At any rate, an effort is being made to raise the quality of residential camping in B.C. through mutual co-operation and experience of all concerned. It is sincerely hoped that the boys and girls and the adults who attend any one of the 100 camps in B.C. will have, as a result of these conferences, a better and more enriching experience.

STUNT NITE SUPPLIES

SKITS —

MAKE-UP —

COSTUMES —

WIGS —

**ROBINSON PLAYS & COSTUMES
LIMITED**

66-68 Wellington Street West, Toronto 1

OUR FRIENDS . . .

The Advertisers

Bolton Farm (Canada) Ltd.	170
J. & J. Cash (Canada) Ltd.	
Inside Back Cover	
Continental Casualty Co.	
Outside Back Cover	
T. Eaton Co. Ltd.	133
Foodcraft Laboratories Ltd.	134
Gibbons Foods Ltd.	Inside Front Cover
S. Gumpert Co. of Canada Ltd.	160
Ingram & Bell Ltd.	168
Lewiscraft	161
Maple Leaf Plastics Ltd.	134
McKague Chemical Co. Ltd.	137
Oscar Pearson Enterprises	168
P.C.O. Services Ltd.	170
The Quaker Oats Co. of Canada Ltd.	136

Rencraft Products Co.	166
Robinson Plays & Costumes Ltd.	172
Starkman Chemists Ltd.	
Inside Back Cover	
Sturgeons Ltd.	168
Tandy Clarke & Clarke	138
Tilleys Ltd.	135
Tom Taylor Co. Ltd.	160
Vermont Accident Insurance Co.	138

CLASSIFIED ADVERTISING RATES:

Twenty cents a word, minimum five dollars.
All classified payable in advance. Address all
correspondence to "Canadian Camping", 170
Bloor Street West, Toronto, Ontario.

FOR SALE

Steel camp cots. Special 60" Junior
size. \$3.00 each or quantity price.
Camp Timberlane, 38 Wychwood Park,
Toronto 4.

Middle age is when your narrow waist and broad mind begin to change places.

Wholesale Medical Supplies . . .

Medical Equipment
First Aid Requirements
Drugs and Medicines

Low Prices

Fast Service

STARKMAN CHEMISTS

459 Bloor St. W. - Toronto

WA. 2 - Twenty-One - Twenty-One



Make it a requirement that all
campers' clothing and belongings
are marked with

Cash's NAMES
WOVEN

Camp linen and equipment, too,
should be marked to avoid con-
fusion and loss. Names, numbers, or
special markings can be supplied.

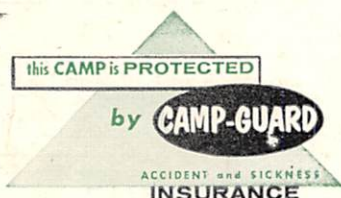
Ask for details of our special
service to Camp Owners and
Operators.

order CASH'S WOVEN NAMES
from dealers, or

CASH'S, Belleville 32, Ontario

Name:	3 doz. \$1.80	6 doz. \$2.40
Prices:	9 doz. \$3.00	12 doz. \$3.50

INCREASING RESPONSE for CONTINENTAL'S CAMP-GUARD PLAN



HAS GUARANTEED ITS
AVAILABILITY
FOR ANOTHER YEAR

DISPLAY THIS SYMBOL
STICKERS AVAILABLE FOR YOUR STATIONERY

A choice of plans for all organizational, church and private camps providing broad medical expense protection for each accident and each sickness at low cost group rates for both campers and staff members.

Put **CAMP-GUARD** on your programme. Display this symbol and let parents know your camp is covered. This symbol of outstanding coverage assures them you take added interest in your camper's welfare, by providing a **CAMP-GUARD** accident and sickness plan.

Your local insurance agent will help you choose the right plan for your camp; or write our nearest office for full particulars.

CONTINENTAL CASUALTY COMPANY INDUSTRY MARKETING & SPECIALTY DIVISION

640 West Hastings Street
VANCOUVER
MUtual 4-6381

160 Bloor St. East
TORONTO
WAlnut 4-4692

2100 Drummond Street
MONTREAL
Vlctor 9-5306

607 Imperial Bank Building — EDMONTON — GA. 24642
C.P.R. Building — WINNIPEG — WH. 3-8723
670 Bentall Bldg. — CALGARY — AM. 3-1937